**2014 Operating Plan – Seattle Summer Swim League (Proposed for 2014)**

 **\*Denotes New or Revised for 2014**

1. **Dues and Assessments:**
2. Dues for 2014 are $700.00 per club and shall be paid before June 1st
3. \*Dues paid after June 1st are subject to a $50 late fee and increasing by $50 for every month thereafter.
4. Any club that does not pay its annual dues or any outstanding debt will not be eligible to compete in any SSSL Championship meet.
5. Dues shall be paid by check and made out to the Seattle Summer Swim League
6. **Club Requirements:**
7. \*Proof of Insurance (see By-Laws/Article IX: Insurance Requirements for All Clubs)
8. \*Coaching staff must meet state and local requirements for life guard or safety training.
9. Proof of Participation Forms from each swimmer, family, managers and coaches (see By-Laws/Article V:Eligibility/H)
10. Submission of Participation Form Certification to the SSSL on or before June 15 (see By-Laws/Article V:Eligibility/H)
11. \*Full understanding of the By-Laws and Operating Plan of the SSSL
12. \*Understand that organized, published and direct swim team turnouts for a given SSSL team shall not take place following the closing of and \**no earlier than the 2nd Monday of May* for the summer season. This would not preclude any swimmer from turning out individually. This shall be interpreted as a means of providing equal opportunity for all teams involved in the SSSL. It shall be the professional responsibility for each clubs Board of Directors, Swim Team Committees and Swim Coaches to uphold this concept.
13. \*It is the responsibility of the coach to know that a swimmer who competes in the Preliminaries for a Division Championship meet will be available to swim in both the Division and All City meet. Exceptions to this rule are noted under D/Meets:/2. Post Season/F.
14. \*Provide League specified Meet Manager program for meet line-ups.
15. **Division Alignment:**
16. League Division Alignment is in two divisions and determined by geographical area.

Northern Division Southern Division

Aqua Club Blue Ridge Arbor Heights Gregory Seahurst

Innis Arden Klahaya Kent Lakeridge

Sand Point Sheridan Beach Marine Hills Normandy Park

View Ridge Wedgwood Olympic View Twin Lakes

2. The divisions will be for Dual Meets, B-Championships, Preliminaries and the Division Championships

**D. Meets:**

 **Dual Meets**

1. Each Division will schedule its own Dual Meets and have them ready for release at the Spring Meeting. Each team must schedule and compete against all teams in its division in order to be eligible for the post season meets and awards.

2. \*Schedule changes must be submitted to the Division Rep prior to the start of the Dual Meet season and approval of both teams is required. If approval of both teams is not there, the offending team will forfeit the meet.

3. \*For the purpose of establishing official times or to give swimmers equal opportunity to participate, addition heats, exhibitions, may be added to dual meets with the agreement of both coaches.

 **D. Meets: Dual Meets** \*3 (continued)

\*Exhibition Limits and Regulations

A. \*Limited to 25 per team, unless agreed upon by the competing clubs.

B. \*Will not be scored as a part of the dual meets.

C. \*Will take place prior to the scored final heat of each event.

D. \*Combining exhibition heats of each team will be allowed.

4. Swimmers are limited to a total of four events inclusive of individual events relays and/or exhibitions. An individual may swim a maximum of three individual and one relay, or two individual and two relays.

5. Any swimmer who missed an individual or relay event shall be excluded for that event only. The swimmer shall be able to participate in all other events in which he/she is entered.

6. \*Swimmers who are either disqualified as an individual or part of a disqualified relay, in either exhibitions or scored event finals shall have that event counted as an official event towards the maximum number of events allowed.

7. \*The home team scorekeeper shall enter all results into the Meet Manager scoring system in compliance with the League standards. At the conclusion of the meet, the home team will provide the visiting team with a back-up of the meet, meet results and any other requested Meet Manager file via thumb drive provided by the visiting team.

8. One swimmer from each age group may swim an entire meet in the next age group. If he/she does so, he/she may not swim in an event in his/her own age group in that meet. In addition, for each relay in an age group one swimmer may be moved up. This swimmer may not swim in the same event in his or her own age group. The same swimmer may not move up for both the free and medley relays. No swimmer may move up more than one age group for any reason.

 *(Example: Mary may be moved up from 8&under to swim in the 10&under free relay. This relay might also include Sue who has moved up for the entire meet. However, Mary cannot swim in the 10&under medley relay. The 10&under medley relay might include Sue and Jane, who has moved up for this relay only. This can happen for all applicable age groups and genders.)*

9. Jewelry may be worn as long as it is not a hazard.

10. Order of Events

Girls Boys Event

1 2 14 & under 50 yard Freestyle

3 4 Sr. 50 yard Freestyle

5 6 8 & under 100 yard Medley Relay

7 8 10 & under 100 yard Medley Relay

9 10 12 & under 200 yard Medley Relay

11 12 14 & under 200 yard Medley Relay

13 14 Sr. 200 yard Medley Relay

15 16 8 & under 100 yard Freestyle Relay

17 18 10 & under 100 yard Individual Medley

19 20 12 & under 100 yard Individual Medley

21 22 14 & under 100 yard Individual Medley

23 24 Sr. 100 yard Individual Medley

25 26 8 & under 25 yard Freestyle

27 28 10 & under 50 yard Freestyle

**D. Meets: Dual Meets 10.** (continued)

29 30 12 & under 50 yard Freestyle

31 32 14 & under 100 yard Freestyle

33 34 Sr. 100 yard Freestyle

35 36 8 & under 25 yard Backstroke

37 38 10 & under 50 yard Backstroke

39 40 12 & under 50 yard Backstroke

41 42 14 & under 50 yard Backstroke

43 44 Sr. 50 yard Backstroke

45 46 8 & under 25 yard Breaststroke

47 48 10 & under 50 yard Breaststroke

49 50 12 & under 50 yard Breaststroke

51 52 14 & under 50 yard Breaststroke

53 54 Sr. 50 yard Breaststroke

55 56 8 & under 25 yard Butterfly

57 58 10 & under 25 yard Butterfly

59 60 12 & under 50 yard Butterfly

61 62 14 & under 50 yard Butterfly

63 64 Sr. 50 yard Butterfly

65 66 10 & under 200 yard Freestyle Relay

67 68 12 & under 200 yard Freestyle Relay

69 70 14 & under 200 yard Freestyle Relay

71 72 Sr. 200 yard Freestyle Relay

11. \*Stroke and Turn Rules (See Attachment A)

12. Points

 Points will be awarded as follows:

 Relays Individual Events

 1st 8 5

 2nd 4 3

 3rd 2 1

 4th 0 0

 5th 0 0

 6th 0 0

13. \*When swimming dual meets in a six-lane pool, all six lanes shall be eligible for scoring. No more than three individuals or three relay teams from each club are eligible for scoring. In a four or five-lane pool, no more than two individuals or two relay teams from each club are eligible to score points. The use of the extra lane in a five-lane pool will be decided on a compromise basis between the clubs.

14. Total team scores shall be kept to determine meet winners.

15. Officials shall include: (minimum)

 (1) Starter-Referee (1) Announcer (1) Clerk of Course (optional) (3) Timers per lane

 **D. Meets: Dual Meets** 15. (continued)

(1) Head Timer (2) Score Keepers (1) Runner (2) Stroke and Turn Judges

\*Note: Special care should be given to the selection of officials with careful consideration given to the stroke and turn judges and starter. The host club shall provide all officials, visiting officials are allowed if agreed upon by both teams.

16. “Technical suits” will not be allowed. Swimmers shall be limited to one swimsuit, which shall be constructed of a woven/knit textile material, permeable to water and air, constructed so as not to aid in buoyancy, and shall not contain zippers or other fastening systems. In addition, the suit shall be constructed so that the style/shape for males shall not extend above the waist or below the top of the kneecap and for females shall not extend beyond the shoulders or below the top of the kneecap and it shall not cover the neck.

17. A competitor shall not be permitted to participate wearing a suit that is not of decent appearance. Boys shall wear trunks that cover the buttocks. Girls shall wear suits that cover the breasts and buttocks.

18. Swimmers are allowed one false start. A second false start on an individual in any event will result in a disqualification.

19. Starting blocks with adjustable back-plates are allowed for dual meets only.

20. \*All shallow end starts will be from in the water.

21. \*Video equipment shall not be used to verify decisions made during any meet.

**D. Post Season**

 **General:**

1. \*Same rules as listed in the Dual Meet section plus the following:

2. Post Season Meets include: B-Championships, Boys and Girls Prelims, Division Championships and All Cities.

3. \*All Post Season meets shall be open to all swimmers provide that they meet the league standards as provided at the Spring League Meeting.

4. In order to be eligible to participate in Championship meets, a swimmer must participate in at least two dual meets. Exceptions may be granted upon written request and approval by the SSSL Board.

5. Two clubs can co-operate any Post Season meet.

6. It is the responsibility of the coach to know that a swimmer that competes in the preliminaries for the Post Season will be available to swim in the Divisional and All City Championship meets. Swimmers who will be unable to participate, i.e. planning on being out of town, on vacation or have some other conflict that will prevent their attendance in the Divisions or All City meets are prohibited from swimming in the Preliminaries. When a flagrant violation of this rule is reported to the SSSL Board, the Board will meet prior to the next meet to determine the appropriate action. Violations must be reported in written form.

7. \*Post Season line-up submissions must be submitted no later than 48 hours prior to the beginning of each Post Season meet. (i.e. 48 hours prior to the start of B-Champs, 48 hours prior to the start of Girls Prelims, 48 hours prior to the start of Boys Prelims)

8. Coaches must supply scratches at the coaches meeting prior to the start of each Post Season meet.

9. Coaches wishing to make any additions to the Post Season meets must submit the additions in writing and they will be presented, discussed and voted on for approval at the coaches meeting prior to the start of each Post Season meet. A

**D. Meets: Post Season** 9. (continued)

majority vote of the coaches will be required for additions. A majority consists of either five coaches at the Preliminaries and Divisions and nine at All City.

10. Once a relay team has qualified for the Post Season meets, substitutions can be made only for illness or injury. Substitutes must be listed as subs. “B” relay members are considered as subs for the “A” relay and “C” relay members are considered as subs for “B” relays etc… A note signed by a physician, coach and parent must be submitted to the meet

referee in order to allow replacement of an ill or injured swimmer by a substitute swimmer. Any extenuating circumstances should be reported to the Meet Referee prior to the meet and discussed at the scratch meeting for that meet.

11. \*Suits and caps shall contain no logos from schools or club teams other than those of the SSSL. American flags are approved. Sponsorship logos are also approved as long as they are no bigger than 1” x 1” square on each side of the cap and are of a “family friendly” nature. Sponsorship logos need to be approved by the SSSL Board.

12. \*There shall be no alcohol in the “zone of competition” which is defined as a distance of at least 10 feet away from the edge of the pool.

13. Only those times achieved in the Preliminaries, Divisions or All Cities shall be considered as SSSL Records. Swimmers cannot establish individual records in relays.

14. “Whistle starts” (use of the whistle to call swimmers to the blocks or to get in the water) will only be enforced for the Post Season meets, starting with the Preliminaries.

15. \*Lane Assignments shall be assigned starting with the fastest time through the slowest time as follows:

 4-Lane Pool 3 – 2 – 4 – 1

5-Lane Pool 3 – 2 – 4 – 1 – 5

 6-Lane Pool 3 – 4 – 2 – 5 – 1 – 6

 8- Lane Pool 4 – 5 – 3 – 6 – 2 – 7 – 1 – 8

16. Points for the Post Season meets, starting with the Divisions and running through All City will be as follows:

 Relays Individual Events

 1st 14 7

 2nd 10 5

 3rd 8 4

 4th 6 3

 5th 4 2

 6th 2 1

Note: When Post Season meets are held in pools with 8-lanes all lanes will be eligible for scoring. Scoring will be as follows: 9 – 7 – 6 – 5 – 4 – 3 – 2 – 1 and the points will be double for relays.

**D. Meets: Post Season** (continued)

17. Officials for Post Season meets shall include: (Minimum)

 (1) Starter – Referee (1) Announcer (1) Clerk of Course (3) Timers per lane

 (2) Head Timers (2) Score Keepers (1) Runner

 (4) Stroke and Turn Judges (1) North and/or South End Rep (1) SSSL Board Member

 (2) Ribbons and Awards Writers (1) Deck Referee (if necessary) (1) Meet Director

18. \*All officials must report to the scheduled officials meeting prior to the start of all Post Season meets.

19. \*Concessions and heat sheets sales for all Post Season meets shall be the sole responsibility of the host club. All sales, taxes and profits will be the sole responsibility and possession of the host club. Concessions shall be provided on an even basis for the visiting and home team’s coaches and shall be at the discretion of the host club.

20. \*Merchandise for all Post Season meets will be at the discretion of the host club. All sales, taxes and profits will be the sole responsibility and possession of the host club. All merchandise design will include the SSSL logo, in small detail, 1” x 1” on caps and 2” x 2” on apparel. The SSSL will provide the logo prior to final design.

**\*Meet Official Job Definitions**

**\*Meet Referee:** A volunteer, approved by the SSSL, who is familiar with the rules and regulations of U.S. Swimming. Shall have full authority over all officials and shall assign and instruct them. Shall enforce all applicable rules and shall decide all questions relating to the actual conduct of the meet, the final settlement of which is not otherwise assigned by said rules. Can overrule any meet official on a point of rule interpretation, or on a judgment decision pertaining to an action which the Referee has personally observed.

**\*Deck Referee:** A volunteer who is assigned by the Meet Referee to act as a back-up to the Meet Referee when required during the meet.

**\*Meet Director:** Shall be appointed by the meet host club and in most cases is a volunteer parent. Responsibilities include, but are not limited to: preparing the facility, arranging for volunteer personnel, equipment and supplies necessary for the meet operation.

**\*Division Rep:** At League Post Season meets, the Division Rep and/or any other SSSL Board members, approved by the SSSL President, will serve as a resource to help the Meet Referee in the interpretation of any SSSL rule. As necessary, this person will act as a liaison between the Meet Referee and Coaches, Clerk of Course, Computer Data Input and Scoring Table.

**B-Champs**

1. \*Above rules for both Dual Meets and Post Season General Rules plus the following:

1. Anyone who qualifies in an individual event according to the SSSL team standards shall not be eligible to swim in the “B-Championship” meet with one exception. If an individual makes a qualifying time in one individual event, he/she can swim in the “B-Championship” meet if: He/she gives up his/her right to swim in the SSSL Preliminaries and he/she cannot swim in that event in the “B-Championship” meet that he/she made the qualifying time.
2. An individual who swims on a relay team that makes an SSSL qualifying time, but does not make one individually, may swim in the “B-Championship” meet.
3. There will be no relays during the “B-Championship” meets.
4. **Meets: Post Season B-Champs** (continued)
5. No score will be kept during the “B-Championship” meets.
6. Places in each individual event will be determined by times only.
7. Swimmers who post a qualifying time during the “B-Championship” meet will have the opportunity to move to the associated Preliminary.
8. Ribbons will be provided by the League for the “B-Championship” meets.
9. Ribbons will be awarded to each heat winner, 1st – 6th place event finishers and all participants.

**Preliminaries**

 1. \*Above rules for Dual Meets and Post Season General Rules plus the following:

1. Preliminaries are to be held for both the Northern and Southern Divisions on the same day and at the same time.
2. Qualifying times for the Preliminaries will be provided to each team, as stated in the By-Laws Article VI/League Meetings/D: Spring Meeting/6. In addition, each team may enter one swimmer in each event and one relay team whose time does not meet the published qualifying times in the 8 & under and 10 & under age groups only.
3. \*Heat sheets for Post Season meets will include seed times.
4. \*All Preliminary meets are scheduled to start at 4:00pm, unless a written request is submitted, discussed and approved by the SSSL Board.

**Division Meets**

1. \*Above rules for Dual Meets, Post Season General and Preliminaries plus the following:
2. Division meets are to be held for both the Northern and Southern Divisions on the same day and at the same time and start at 4:00pm.
3. \*Participants are to be determined by the official finish times from the Preliminaries for each Division. The top six, official times, for each individual event or relay will be eligible to swim in the Division finals. The seventh and eighth, official times, will be listed as alternates for each individual event or relay.
4. \*Alternates may swim at the finals in case there are scratches or no-shows.
5. \*Swim-offs will be held at a place and time determined by the effected swimmers and clubs and approved by the SSSL Board.
6. Ribbons for 1st thru 6th places will be awarded to the participants in individual events and relays at the Division meets and will be provided by the League.
7. Team trophies will be awarded for Divisional meet champions and will be provided by the League.
8. Electronic timing will be used at the Divisional Championship meets and will be paid for by the League. In the event that either of the hosting clubs cannot accommodate electronic touchpads, neither of the Divisions shall use touchpads for official results. If there is a system failure at one of the Divisions, an immediate phone call is to be placed to the other Division and the operating electronic timing system shall be disabled until repairs can be made. At this time, both meets are to be halted until word is passed as to a resolution. If it is determined that the electronic timing system at the effected pool is non-functional, the other meet shall disable their electronic timing system and the meets shall continue. Hand-held watches will be used and the dual meet guidelines will be followed. No place judges will be used.
9. \*NFHS rules for electronic timing, Rule 6 Sections 3, 4 and 5 including the tables and examples, shall be followed.
10. If no time is registered upon touching the end of the pool, the back-up watches shall be used and there shall be a minimum of three per lane.
11. The order of the official time determination is as follows: 1. Primary – Electronic Timing System, 2. Back-up - Button for Electronic Timing 3. Final – Hand-Held Watches.
12. \*Results are to be submitted as soon as they are deemed to be official.
13. **Meets: Post Season** (continued)
14. Hosting clubs will not “live stream” meet results and meet results are not to be posted, on-line, until 10:00pm the night of the meet.

**All Cities**

1. \*Above rules for Dual Meets, Post Season General, Preliminaries and Divisions plus the following:
2. The SSSL All City Championship meet will be held on the first Tuesday of August
3. The All City Championship meet shall alternate between the North and South Divisions on a year to year basis.
4. The All City meet shall start at 4:00pm.
5. Medals for 1st thru 6th places will be awarded to the participants in individual events and relays at the All City meet and will be provided by the League.
6. Team trophies will be awarded for All City meet for 1st thru 6th places and will be provided by the League.
7. When All Cities is to be held in a pool with eight lanes, all lanes shall be used and scored in accordance with the previously stated eight lane pool rule. The participants will be determined as stated above and will include the 7th and 8th fastest swimmers in the final heats. The 9th and 10th fastest times will be listed as alternates.

**References:**

 2013 SSSL Operating Plan

 2013 Midlakes Swim League Operating Plan

 2013 Midlakes Swim League By-Laws

 2013 – 2014 National Federation of State High School Associations (NFHS) Swimming/Diving/Water Polo Rules

SSSL Operating Plan Appendix B

Code of Conduct

**As a member of the Seattle Summer Swim League, we agree to:**

* Abide by the SSSL Operating Plan.
* Consistently display respect, honesty and sportsmanship toward coaches, teammates, officials, volunteers, parents and competitors.
* Consistently display a positive and supportive attitude toward all teams, coaches, teammates and competitors.
* Refrain from inappropriate or unacceptable behavior such as:
* The display or use of aggressive behavior or intentional contact.
* The use of offensive language, including any derogatory reference to any person’s race, sex, ethnicity or other characteristics.
* Any activity which would detract from the positive image of the SSSL.

**All infractions that result in meet expulsion must be reported to the SSSL board within three (3) days.**

**Any infraction of this code may result in, but is not limited to, the following actions by the Seattle Summer Swim League Board:**

* Restriction from future competition for a designated period of time.
* Placement on probation for a designated period of time.
* Restriction from participation in championship competition.

Eligibility

The Operating Rules of the Seattle Summer Swim League state:

“Any swimmer is eligible to compete in SSSL competition whose family is a **dues paying member meeting the normal financial responsibility of that swim club** to include **full use of the pool for the entire summer season for the entire family** or is a child of the manager or head coach. For inclusion of any other employees' children the team must petition to the league. This is a one time petition unless the employment situation changes. House guests of club members who want to participate in SSSL competition must stay with that family for a minimum of six (6) weeks during the SSSL season. House guest must begin by June 15th and the coach must notify by writing to the SSSL President by this date. Any club in violation of eligibility rules will forfeit the meet in question. The Board has the authority to request information from the club to determine proof of eligibility of the swimmer(s).”

*(The only exception to this rule concerns swimmers who joined under the Small Team provisions adopted in 1994. Only one team has qualified for this exemption. Our family is covered under the Small Team Provision.)*

I hereby authorize emergency medical/dental care and treatment for my child as necessary. I have read and agree to the release. Our family has discussed the league’s Code of Conduct and understand what is expected of parents and swimmers. We understand the Eligibility rules of the league and certify that our family meets these guidelines of club membership.

|  |  |  |
| --- | --- | --- |
|  |  |  |
| *Signature* |  | *Date* |

*Seattle Summer Swim League*

**Participation Form Appendix C**

*This form must be signed and returned to the club’s coach before the listed child\children can participate in SSSL swim team activities.*

|  |  |  |  |
| --- | --- | --- | --- |
| Club: |  |  |  |
| Membership #: |  | Phone: |  |
| Name: |  |  |  |
| Emergency Phone: |  | Email: |  |

Emergency Information and Medical Release

I hereby consent to participation by my child/children listed below on our club team in the Seattle Summer Swim League.

|  |  |  |
| --- | --- | --- |
| First Name | Last Name | Birthdate |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

I understand this activity involves an element of risk of bodily injury, including, but not limited to, activities occurring in a pool, on a pool deck, on a starting block, around the facility, and/or while performing a racing start. We will assume all risks associated with and incidental to participating on a swim team.

My child/children have no special medical conditions, except those described below, and is fit to participate on a swim team.

|  |
| --- |
| Special medical conditions: |
|  |
|  |
|  |
|  |

In consideration of the right and privilege for my child to participate, we hereby release, waive, and agree to hold harmless the Seattle Summer Swim League, this club, its members, directors, and employees, the club hosting the event, its members, directors, and employees, and coaches, organizers, and parent volunteers for any and all liability, claims, legal actions, and demands of any nature whatsoever which may arise from or in connection with the swim team or related activities.

I understand that events may take place away from our club. I understand that the coaches are not responsible for transportation to swim meets or related swim team activities.

***Seattle Summer Swim League***

**Participation Form Certification Appendix D**

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Club \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

This letter is to certify that all swimmers on our team have completed a Seattle Summer Swim League participation form that reflects each swimmers understanding of the league’s Code of Conduct, liability waiver, and eligibility rules. No swimmer will be allowed to participate in swim team activities until this form is completed. The signees of this letter agree to be responsible for their club’s compliance with the SSSL Operating Plan.

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Head Swim Coach Date

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Pool Manager Date

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Pool Board Representative Date

*A signed copy, agreeing to submit to the SSSL Team Code of Conduct, must be sent to the SSSL President by June 15th. Failure to submit a signed form will result in disqualification from SSSL Team competition.*

Pacific Northwest Swimming

Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all** **concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

**Symptoms may include one or more of the following:**

|  |  |
| --- | --- |
| * Headaches
* “Pressure in head”
* Nausea or vomiting
* Neck pain
* Balance problems or dizziness
* Blurred, double, or fuzzy vision
* Sensitivity to light or noise
* Feeling sluggish or slowed down
* Feeling foggy or groggy
* Drowsiness
* Change in sleep patterns
 | * Amnesia
* “Don’t feel right”
* Fatigue or low energy
* Sadness
* Nervousness or anxiety
* Irritability
* More emotional
* Confusion
* Concentration or memory problems (forgetting game plays)
* Repeating the same question/comment
 |

**Signs observed by teammates, parents and coaches include:**

|  |
| --- |
| * Appears dazed
* Vacant facial expression
* Confused about assignment
* Forgets plays
* Is unsure of game, score, or opponent
* Moves clumsily or displays incoordination
* Answers questions slowly
* Slurred speech
* Shows behavior or personality changes
* Can’t recall events prior to hit
* Can’t recall events after hit
* Seizures or convulsions
* Any change in typical behavior or personality
* Loses consciousness
 |

**What can happen if my child keeps on playing with a concussion or returns too soon?**

Athletes with the signs and symptoms of concussion must be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and athletes is the key for athlete safety.

**If you think your child has suffered a concussion**

Any athlete even suspected of suffering a concussion must be removed from the meet or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new “Zackery Lystedt Law” in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

“a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time”

and

“…may not return to play until the athlete is evaluated by a licensed heath care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider”.

You should also inform your child’s coach if you think that your child may have a concussion Remember its better to miss one meet or practice than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to: <http://www.cdc.gov/ConcussionInYouthSports/>

This form must be signed and dated by BOTH athlete and parent or guardian BEFORE the athlete can participate in practice or competition.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_

Athlete Name Printed Athlete Signature Date

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_

Parent or Legal Guardian Printed Parent or Legal Guardian Signature Date

Adapted from the CDC and the 3rd International Conference on Concussion in Sports Document

Created 9/15/2009